

EXPLORING OTHER DIMENSIONS OF HEALTH AND HEALING



Stimulating ideas and conversations are the spice of my life. Every meeting with my friend Sangeeta Sahi guarantees me these. Several years ago, Sangeeta introduced me to the notion that healing and wellness has a cosmic dimension and convinced me to open myself to the idea of an alternative healing modality called *Theta healing*, under her guidance. I agreed to experiment with this method because of my high regard for Sangeeta, who describes herself as an “integrative” medical doctor. Her intelligence and rationality always manage to banish my scepticism.

Sangeeta began questioning the premise of medicine during her college days. “When I was studying medicine, I realised that some healing, referred to as miracles by some, weren’t justifiable within the medical framework, and took place within a spiritual dimension,” she explains. Over the past decade and a half, Sangeeta’s interest in the role of “spiritual technology” in health and healing has prompted her to study the work of various spiritual leaders, spend time in the company of some living gurus and create a healing modality based on a unique amalgam of quantum mechanics, biophysics and psycho neuro endocrinal immunology (PNEI). She feels that each one of us is made differently, based on genetics, nutrition, relationships, environment, interaction with the universal energy field and so on, which explains our unique responses to disease. “Human beings are multidimensional and dynamic,

and each being is created on the basis of the interaction of several factors,” she says. Her therapeutic practice takes her from her hometown of London, to the USA, Turkey and New Delhi. Her clients range from an 11 year old boy with leukaemia to an 85 year old lady with obesity.

Now, Sangeeta is heading to Pondicherry, to do a presentation on her new Conscious Cancer* programme, which she describes as a “self-transformational tool.” This 13 step programme is designed to change a person’s response to cancer and improve their quality of life. An evaluation of individual lifestyle, nutrition, environmental factors etc., is essential to identify areas that require changing. “Family relationships can be toxic too and need to become healthy for healing to take place,” she says. The first step of Conscious Cancer* is to teach people to listen to their bodies. “Self-responsibility is an essential component of this life recovery programme,” she says. “The onus is on each one to stop feeling intimidated by disease and get well.”

Sessions with Sangeeta span about 90 minutes, and involve homeopathy, nutritional supplementation and mesotherapy to facilitate cellular transformation. Laboratory tests are done to assess the body’s response and determine the future course of action, banishing any doubts that may exist about the effectiveness of the programme. Those interested in getting treated by Sangeeta have to be ready to do the work required to create a better future. “It’s about you and your universe,” she stresses.

*Conscious Cancer is a registered programme and anyone interested can contact Sangeeta at drsangeetasahi@gmail.com

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